



Spiced Peach Oatmeal Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



161 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup apple sauce
- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.3 cup brown sugar
- 1 cup buttermilk
- 2 eggs
- 1.3 cups flour all-purpose
- 0.5 teaspoon ground cinnamon

- 0.3 cup blackstrap molasses
- 1.5 cups peaches fresh diced pitted
- 1 cup cooking oats quick
- 2 tablespoons sugar white

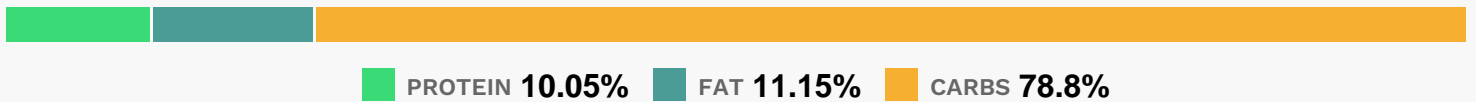
Equipment

- bowl
- oven
- toothpicks
- muffin liners

Directions

- Preheat oven to 400 degrees F (200 degrees C). Grease muffin cups or line with paper muffin liners.
- In a large bowl, mix together oats, buttermilk, brown sugar, applesauce, molasses and eggs. In a separate bowl, stir together flour, baking soda and baking powder. Stir flour mixture into eggs mixture, just until moistened. Fold in peaches. Spoon batter into prepared muffin cups.
- Bake in preheated oven for 15 minutes. While muffins are baking, combine 2 tablespoons sugar and 1/2 teaspoon cinnamon. After 15 minutes of baking, remove muffins from oven and sprinkle with cinnamon sugar. Return to oven and continue baking for 3 minutes, until a toothpick inserted into center of a muffin comes out clean.

Nutrition Facts



Properties

Glycemic Index:35.2, Glycemic Load:15.01, Inflammation Score:-3, Nutrition Score:6.7413042913312%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg

Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg,
Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol:
0.04mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 161.11kcal (8.06%), Fat: 2.03g (3.13%), Saturated Fat: 0.71g (4.45%), Carbohydrates: 32.34g (10.78%), Net
Carbohydrates: 30.92g (11.24%), Sugar: 16.56g (18.4%), Cholesterol: 29.48mg (9.83%), Sodium: 165.4mg (7.19%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.25%), Manganese: 0.53mg (26.38%), Selenium: 11.76µg
(16.8%), Vitamin B1: 0.17mg (11.14%), Magnesium: 43.6mg (10.9%), Phosphorus: 91.82mg (9.18%), Vitamin B2: 0.15mg
(9.01%), Iron: 1.59mg (8.85%), Folate: 33.45µg (8.36%), Calcium: 73.31mg (7.33%), Potassium: 215.77mg (6.16%),
Fiber: 1.42g (5.67%), Vitamin B3: 1.13mg (5.66%), Copper: 0.11mg (5.48%), Vitamin B6: 0.09mg (4.44%), Vitamin B5:
0.39mg (3.94%), Zinc: 0.55mg (3.7%), Vitamin A: 137.57IU (2.75%), Vitamin D: 0.41µg (2.71%), Vitamin B12: 0.16µg
(2.62%), Vitamin E: 0.3mg (2%), Vitamin C: 0.86mg (1.04%)